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FM BUMED WASHINGTON DC//00//
SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-01)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
(950001)-Active/Reserve Team Staffs Zagreb Hospital
(950002)-Naval Hospital Comes Through for Air Force TSgt
(950003)-New Navy Ship Christened in Honor of Navy Corpsman
(950004)-Navy Medical Department People Involved in Operations
(950005)-GRAND ROUND ABSTRACTS
(950006)-HEALTHWATCH: Mouthwashes -- Are they worth a swish?

HEADLINE: Active/Reserve Team Staffs Zagreb Hospital
BUMED Washington (NSMN) -- They weren't home for the holidays, but their loved ones got word their morale was high, they're doing a great job, and they'll be home before spring.
"They" are the 11 Naval Reservists who deployed last September to Zagreb, Croatia, with the staff of Fleet Hospital Five. In October, two more Reservists joined them to replace active duty firefighters who had to return to the States ahead of schedule.

Their families heard about their welfare from no less than the No. 1 Naval Medical Reservist -- RADM James R. Fowler, MC, USNR. Fowler, BUMED's Assistant Chief for Reserve Force Integration, accompanied Navy Surgeon General VADM Donald F. Hagen, MC, on a visit to the U.N. Hospital 17-22 December.

"I called most everybody's families when I got back," said Fowler, "to let them know their people were doing well and that we were proud of them for committing six months to support their country and their Navy."

Morale for the whole hospital was high, said Fowler, and related what he thought was the best compliment he could have heard: "I asked Captain Parker, the CO, how the Reserves were doing, and he said, 'Everyone is doing well. We don't really know who's Reserve or active.'"

"That's an excellent example of active duty and Reservists working well," said Fowler, "and we'll see more of that in the future."

Fowler also praised the smooth integration of forces as "a real tribute to cooperation between Surgeon General Hagen and Commander, Naval Reserve Force, Admiral Hall." Providing the Reservists needed to ensure the U.N. Hospital had the appropriate staff last September was a textbook example of rapid cooperation among various commands to ensure operational needs were met.

The U.N. Hospital provides medical support to more than 40,000 United Nations Protection Force troops from 42 countries. It has been in place since November 1992 and has seen six-month rotations of Army, Air Force and Navy personnel. Fleet Hospital Five, which is scheduled to be relieved by Air Force personnel in February, is the second six-month rotation provided by the Navy. Fleet Hospital Six staffed the hospital from March to September last year.

Story by Liz Lavallee

-USN-

HEADLINE: Naval Hospital Comes Through for Air Force TSgt

NAVHOSP Twentynine Palms, CA (NSMN) -- U.S. Air Force Technical Sergeant James L. Butler never dreamt that he would need the services of Navy medicine, until a fateful sledding accident in Wrightwood, CA, during the holidays left him with a shattered right ankle.

"I was sledding with my daughters when I came to a tree. I thought I could push off from it with my foot, but I was wrong," said Butler.

At that point, Butler's wife, Tamera, loaded him in the family car and headed for the emergency room at Edwards Air Force Base near Palm Dale, CA. After he arrived at Edwards, a search began for an orthopedic surgeon who could repair Butler's damaged ankle; the hospital at Edwards doesn't have an orthopedic surgeon on staff.

"We spent about six hours in the emergency room at Edwards waiting for the doctors there to find a qualified surgeon who could help my husband," said Mrs. Butler. "I think they called almost every military hospital in Southern California until they found that Twentynine Palms could help."

Knowing help was waiting, the Butlers again climbed in the family car and began the four-hour drive to the Marine Corps Air-Ground Combat Center.

CAPT Kenneth R. Koskella, MC, Naval Hospital Twentynine Palms' orthopedic surgeon, took on the case and successfully performed the needed surgery to repair Butler's ankle. "If it's in our power, we will never turn away a qualified patient who needs our help," said Koskella.

"Naval Hospital Twentynine Palms is wonderful," said Butler. "I have never been treated so good as I have been treated here."

The naval hospital is a member of the Region Nine Tricare Newtork, which includes Edwards AFB Hospital. This network coordinates medical treatment for military beneficiaries throughout the Southern California region.

Story by Dan Barber

-USN-

HEADLINE: New Navy Ship Christened in Honor of Navy Corpsman
INGALLS Shipbuilding, Pascagoula, MS (NSMN) -- The U.S.
Navy's newest Arleigh Burke-class Aegis guided missile destroyer,
DDG 65, was christened as USS Benfold on 12 November in a
ceremony at Ingalls Shipbuilding in Pascagoula. The ship is
scheduled to join the U.S. Pacific Fleet, homeported in San
Diego, after its commissioning in 1995.

November's christening ceremony was held in honor of HM3
Edward Clyde Benfold, who was posthumously awarded the Medal of
Honor for his extraordinary heroism during the Korean War.

Born 15 January 1931, Benfold enlisted in the Navy in June
1949. In July 1951, he was designated a field medical technician
and assigned to Fleet Marine Force, Pacific. He was killed in
action 5 September 1952, while serving with the 1st Marine
Division in Korea.

Benfold's Medal of Honor Citation reads, in part:

"While moving from position to position in the face of
hostile fire, Benfold approached two Marines in a large crater as
two enemy grenades rolled in on them. ...

"Quickly picking up a grenade in each hand, he leaped out of
the crater and hurled himself against two onrushing enemy
soldiers, killing them both. Mortally wounded, Benfold, by his
great personal valor and resolute spirit of self-sacrifice,
gallantly gave his life to save the lives of his two comrades."

Secretary of the Navy John Dalton selected Mrs. Dorothy
Waida, Benfold's widow, as DDG 65's sponsor. Waida chose as her
maids of honor two of Benfold's granddaughters, Nicole Benfold
and Alexandra Benfold. Edward J. Benfold, son of the ship's
namesake, spoke on behalf of his family at the ceremony.

Benfold is one of 27 Navy Medical Department personnel who
received the Medal of Honor. USS Benfold is the 12th ship to be
named in honor of a Navy corpsman or pharmacist's mate since
1919, eight of whom were also Medal of Honor recipients. The
other ships and their namesakes are:

--Litchfield (DD 336), for PhM3 John R. Litchfield, killed
in action in France on 5 September 1918;

--Daniel A. Joy (DE 585), for PhM2 Joy, USNR, killed in
action at Guadalcanal, 5 October 1942;

--Thaddeus Parker (DE 369), for PhM2 Parker, killed in
action, New Georgia, 20 July 1943;

--Lester (DE 1022), for Hospital Apprentice 2nd Class Fred
F. Lester, USNR, killed in action, Okinawa, 8 June 1945;

--Francis Hammond (DE 1067), for Hospitalman Francis C.
Hammond, KIA Sanae-Dong, Korea, 26 March 1953;

--Valdez (DE 1096), for HM3 Phil I. Valdez, KIA Danang,
South Vietnam 29 January 1967;

--Caron (DD 970), for HM3 Wayne M. Caron, KIA Quang Nam,
South Vietnam, 28 July 1968;

--David R. Ray (DD 971), for HM2 Ray, KIA An Hoa, Quang Nam
Province, South Vietnam, 19 March 1969;

--Jack Williams (FFG 24), for PhM3 Williams, USNR, KIA Iwo
Jima, 3 March 1945;

--Halyburton (FFG 40), for PhM2 William D. Halyburton Jr.,
USNR, KIA Okinawa, 10 May 1945; and

--DeWert (FFG 45), for Hospitalman Richard DeWert, USNR, KIA
Wonju, Korea, 5 April 1951.

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HEADLINE: Navy Medical Department People Involved in Operations
BUMED Washington (NSMN) -- Wherever the Navy or Marine Corps
goes, so does the Navy Medical Department. Thirty percent of our
personnel are normally assigned with deployable fleet and fleet
marine forces units. Additional medical support is provided for
operations such as Provide Promise in Zagreb. These men and
women are on duty around the globe. Here is the latest update on
where our medical people are on assignment.

Medical forces currently on operational assignment are:

Operation Able Vigil

Total medical/dental personnel: 226 (includes 57 BUMED
augmentees)

The Navy Medical Department is in full support of Operation
Able Vigil. Three physicians, 13 nurses, one Medical Service
Corps officer and 33 hospital corpsmen are deployed at the Naval
Hospital and Naval Station located on Guantanamo Bay, providing
medical treatment for around 25,000 migrants, in addition to
providing medical support to many afloat platforms. Also, seven
EPMU (Environmental and Preventive Medicine Unit) people are in
Panama, one environmental health officer, one entomologist and
five preventive medicine technicians.

Operation Vigilant Warrior

Total medical/dental personnel: 69 (includes four BUMED
augmentees)

USS Essex (LHD 2) ARG: The Amphibious Ready Group (ARG) has
41 ward beds, six operating rooms, 17 intensive care beds, six
quiet room beds, 550 overflow beds and has a medical/dental staff
of 24.

In Country: Attached with the Administrative Support Unit
Bahrain are four physicians, two dentists, three nurses, five
MSC officers, 29 corpsmen and two dental technicians. Of these,
four are BUMED augmentees: one dentist, one nurse, one corpsman
and one dental technician.

Operation Provide Promise

Total medical/dental personnel: 310 (includes 198 BUMED
augmentees)

USS Nassau (LHA 4) ARG: The Amphibious Ready Group (ARG)
has 48 ward beds, six operating rooms, 17 intensive care beds,
seven quiet room beds, 460 overflow beds and has a medical/dental
staff of 121.

CDR John Coyne, MSC, is the Force Hygiene Officer for
the United Nations Protection Force located in country.

A total of 280 personnel assigned to Fleet Hospital 5,
including 197 medical personnel, staff the U.N. Hospital located
at Camp Pleso. Medical personnel were taken from Navy Medical
commands located throughout the Healthcare Support Office Norfolk
and Jacksonville Regions.

Operation Joint Task Force Full Accounting

Navy physicians and independent duty corpsmen are supporting this
operation by volunteering to serve tours ranging from just under

two weeks to two months. Nine missions remain for FY95. Naval Medical Center San Diego and Naval Hospital Camp Pendleton have IDCs in country supporting current missions. The next scheduled mission will be coming out of Commander, Submarine Pacific.

Exercise Support

Individuals and components of mobile medical augmentation readiness teams (MMARTs) support various exercises/operations as required, bolstering the "organic" medical assets of the units involved.

Surgical Team Three from Naval Hospital Camp Pendleton and Surgical Team Six from Naval Hospital Charleston are on routine 48 Hour Alert for any emergency situations. No Surgical Teams are involved with current operations at this time. Fleet Surgical Teams are also deployed to provide additional medical support where needed, as directed by the CINCs.

Miscellaneous OCONUS and Fleet Support

Providing TAD (temporary additional duty) support to eight fleet platforms and two OCONUS facilities are 12 Navy Medical Department personnel: Three physicians, one MSC, one nurse and seven hospital corpsmen.

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HEADLINE: GRAND ROUND ABSTRACTS

USNH Guantanamo Bay, Cuba (NSMN) -- U.S. Naval Hospital Guantanamo Bay recently received double recognition for outstanding efforts. The first was a letter of commendation from the Secretary of the Navy, for meritorious achievement from 18 to 19 August 1993, which read:

"The personnel of U.S. Naval Hospital, Guantanamo Bay, Cuba, responded to the crash of a DC-8 aircraft on approach to the Naval Air Station, Guantanamo Bay, Cuba. Within minutes of the mishap, a Mass Casualty recall was activated. The staff's rapid response at the scene, in transit, and within the Hospital, significantly contributed to the medical treatment facility's preparedness to accept casualties. Their professional knowledge, clinical and managerial expertise, and dedication were key factors in the life-saving evaluation, care and ultimate evacuation of these casualties. All available resources were directed to saving the lives of the critically injured air crew. In addition to hands on patient care, an extraordinarily complicated medical evacuation was initiated involving the Coast Guard, Naval Station Air Department, Port Services and civilian air ambulances. As team members of this finely tuned unit, the staff were instrumental in saving the lives of the three crew members on board that ill-fated flight. The survival of all three catastrophically injured air crew members attests to the outstanding professional expertise, technical ability, and team spirit of this entire staff. By their unrelenting determination, perseverance, and steadfast devotion to duty, the officers and enlisted personnel of the U.S. Naval Hospital, Guantanamo Bay, Cuba, reflected credit upon themselves and upheld the highest traditions of the United States Naval Service."

For more recent actions, the commanding officer of U.S. Naval Hospital Guantanamo Bay received the following letter of

commendation from Commanding Officer Grant D. Sutherland,
Military Sealift Command Office, Guantanamo Bay:

"The occasion of this letter is to recognize the outstanding support and superb performance of Emergency Room personnel, Emergency Rescue crews and hospital support in the transport and care of personnel injured as a result of the fire on board SS Britanis on the morning of 8 December 1994. Your assistance and efforts were second to none. The support and attention received were of the highest calibre and reflected the pride and professionalism displayed by your staff. The on scene care your emergency crews rendered was outstanding. The actions of the Naval Hospital reflect great credit upon your staff and are in the highest traditions of the United States Naval Service."

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NAVHOSP Corpus Christi, TX (NSMN) -- The Transportation Department at Naval Hospital Corpus Christi has received a fifth straight "100,000 Accident-Free Miles" Traffic Safety Award for its Medical Shuttle service. The Medical Shuttle was started in 1990 to provide free transportation for patients requiring outpatient care at military medical treatment facilities in San Antonio. The six-hour round trip to San Antonio is provided Monday through Friday and has to date accumulated over 500,000 accident-free miles.

Story by LT Scott Moser, CEC

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NAVHOSP Camp Lejeune, NC (NSMN) -- Congratulations to LT Charles C. Smith, CEC, who won the United States Amateur National Triathlon Championship for 1994. Competing in his category (male, age 25-29), Smith outdistanced all other competitors in the U.S. Triathlon Federation Sprint Triathlon (1/2-mile swim, 15-mile bike ride and 3-mile run) held in September in St. Augustine, FL. His overall time for the event was 1:10:09, placing him 52 seconds ahead of his closest competition. Smith is stationed at Naval Hospital Camp Lejeune, where he serves as head of facilities management.

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NHRC San Diego (NSMN) -- The Naval Health Research Center has just completed their third year of participation in the Navy Upward Bound Program. Sponsored by the U.S. Department of Education, the program sponsors academically gifted high school students. The purpose of the program is to help students develop the skills and motivation necessary for success in college. Several NHRC investigators volunteered as mentors, and the eight interns participated in a variety of projects, including gathering and analyzing data. Story condensed from the Naval Medical Research and Development Command's Outlook, December 1994

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NRC Washington (NSMN) -- The November issue of Navy Recruiting Command's magazine, Navy Recruiter, published

Recruiters of the Month for September. Congratulations to Officer Recruiters of the Month HMC Tammy Ryder, Indianapolis; HMC George Carver, Cumberland Valley; HMC(SW) Anthony Compton, Memphis; and HMC Ruel Nelson, Portland.

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HEADLINE: HEALTHWATCH: Mouthwashes -- Are they worth a swish?

NMC Oakland, CA (NSMN) -- In 1993, \$780 million was spent on mouthwashes. With that much money spent, it would seem that dental miracles should abound. This is an often debated question, which, when properly answered, should ask what the rinses are expected to do. They have been said to remove plaque, strengthen teeth, stop cavities, cure gum disease and leave you with sparkling fresh breath. However, the research clearly shows that mouthrinses cannot replace traditional brushing, flossing and professional dental care. This is not to say that rinses do not have their good qualities. For those individuals who are motivated, rinses can be a useful addition to routine home care. Those who are not motivated can use the extra help.

Individual mouthrinses are created to help different oral problems. A person's needs should be determined by a dentist and, if indicated, an appropriate rinse can be selected.

Mouthrinse properties are classified into three main categories: caries (cavity) control, plaque/gingivitis (gum disease) control, and halitosis (bad breath) control.

Statistically, caries are the main reason young people lose their teeth. In studies, over-the-counter fluoride-releasing rinses have shown to reduce the number of decayed, missing and filled teeth by 22 percent. While this statistic sounds promising, caries reduction occurs only when the rinse is used regularly and in combination with normal brushing and flossing habits. Children under 8 years of age should only use rinses under adult supervision. Fluoride rinses should not be swallowed and, for this reason, children under 5 should use the rinses only under the direction/supervision of a dentist. Home rinses do not replace the benefit of in-office fluoride applications by your dentist after a professional cleaning. However, do not overdo the fluoride. Good oral hygiene and regular brushing with a fluoride toothpaste is usually sufficient.

Anti-plaque and anti-gingivitis rinses have become very popular. "Gum disease" (gingivitis) has captured the public's attention. Until recently, only two mouthrinses were approved by the American Dental Association for their effectiveness against gingivitis. However, 67 products have gained ADA approval since 1992. When used regularly, these rinses have demonstrated success against early gum disease only if regular dental care is practiced.

At this writing, all over-the-counter rinses designed to fight plaque accumulation have not been proven effective in studies.

The final class of mouthrinses are designed to fight halitosis, or bad breath. Chronic halitosis could represent poor dental or poor systemic health, or both, and should be evaluated by your dentist. If bad breath occurs only occasionally,

mouthrinses can be very effective at temporarily restoring a pleasant breath.

Mouthrinses cannot replace home care and regular dental visits, so don't throw away your brush and floss. Rinses have demonstrated effectiveness in helping to remove plaque that has been loosened through normal brushing and flossing, to strengthen teeth with those rinses containing fluoride, to help the fight against gingivitis and to restore fresh breath.

To find out if a rinse is for you, ask your dentist at your next exam.

Story by LT Ty Turbyfill, DC, reprinted from Naval Medical Center Oakland's Red Rover, 6 May 1994

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3. Two-month calendar of events:

JANUARY

National Volunteer Blood Donor Month

March of Dimes Birth Defects Prevention Month (914/997-4622)

National Eye Care Month (Optic Foundation, 415/561-8500)

Thyroid Disease Awareness Month (212/626-6554)

1 January: Deadline for MSC Inserv Procurement Program (PERS-251)

1 January 1970: National Environmental Policy Act, making it federal policy to protect the environment, put in effect

8-14 January: National Patient Representation and Consumer Affairs Week -- Theme: "Up With Patients" (312/422-3999)

9 January 1945: U.S. Sixth Army lands on main Philippine island of Luzon

10 January: Morning (0600-0800) and night (until 2200) detailing (times are for Washington, DC)

10 January: Active E-8/E-9 Special board convenes

10 January 1920: League of Nations created

11 January 1964: U.S. Surgeon General Luther Terry issues first government report that smoking may be hazardous to health

12 January 1945: Soviets launch massive offensive against Germans in Poland

13 January 1910: Lee De Forest arranges world's first radio broadcast to public in New York City

15 January 1929: Martin Luther King Jr. born

16 January: Holiday -- Martin Luther King Jr. Day

16 January 1920: Sale of alcoholic beverages in the United States becomes illegal

17 January: Nurse Corps Duty Under Instruction board convenes

17 January 1955: USS Nautilus underway on nuclear power (Nautilus had been launched from Groton 21 January 1954)

17 January 1945: Warsaw falls to Soviets

19 January: E-7 Advancement Exam

19 January 1955: Presidential press conference covered by film, TV

22 January: Sight Saving Sabbath (Prevent Blindness America, 1-800-331-2020)

22-28 January: National Glaucoma Awareness Week (1-800-331-2020)

23 January 1845: "First Tuesday" made election day
23-27 January: National Back Health Week (609/392-7600)
24 January: Morning (0600-0800) and night (until 2200)
detailing (times are for Washington, DC)
25 January: National IV Nurse Day (617/489-5205)
27 January 1880: Edison patented light bulb
28 January: Sight-Saving Sabbath (1-800-331-2020)
28 January 1915: U.S. Coast Guard established
31 January: LT FitReps due
31 January: E-1, E-2, E-3 Evals due
31 January: Chinese New Year -- Year of the Pig

FEBRUARY

African-American History Month
American Heart Month -- "Life. It's What We're Fighting
For" (AHA, 1-800-AHA-USA1)
National Children's Dental Health Month
Sleep Safety Month (703/683-8371)
AMD (age-related macular degeneration) Awareness Month
(Prevent Blindness America, 1-800-331-2020)
1 February 1865: President Abraham Lincoln signs 13th
Amendment to the Constitution, abolishing slavery
1 February: National Freedom Day
2 February: Groundhog Day
3 February 1945: U.S. Sixth Army soldiers begin attack on
Manila
5-11 February: National Burn Awareness Week
6-17 February: Staff Corps O-6 Selection Board Meets
8 February 1910: Boy Scouts of America Founded
12 February 1809: Abraham Lincoln born
12-18 February: Cardiovascular Professional Week (703/891-
0079)
14 February: Valentine's Day
14 February: National Condom Day (919/361-8400)
20 February: Holiday -- Presidents' Day
22 February 1732: George Washington Born
23 February 1795: Navy Supply Corps established
23 February 1945: U.S. Marines raise flag on Mt. Suribachi,
Iwo Jima
28 February: Mardi Gras
28 February: LTjg FitReps Due
28 February: E-7/E-8 Selection Board Convenes

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